

Daily and Weekly Lunch Meal Pattern Requirements Checklist

	Grades K-5	Grades 6-8	Grades 9-12
Fruits	½ cup per day <input type="checkbox"/> 2½ total cups of fruit per week	½ cup per day <input type="checkbox"/> 2½ total cups of fruit per week	1 cup per day <input type="checkbox"/> 5 total cups of fruit per week
Vegetables	¾ cup per day <input type="checkbox"/> 3¾ total cups of vegetables per week	¾ cup per day <input type="checkbox"/> 3¾ total cups of vegetables per week	1 cup per day <input type="checkbox"/> 5 total cups of vegetables per week
Dark Green	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C
Red/Orange	<input type="checkbox"/> ¾ C	<input type="checkbox"/> ¾ C	<input type="checkbox"/> 1¼ C
Beans/Peas (legumes)	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C
Starchy	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C
Other: Additional amounts of the vegetables listed above may be offered to meet the weekly requirement	<input type="checkbox"/> ½ C	<input type="checkbox"/> ½ C	<input type="checkbox"/> ¾ C
Additional vegetable to reach weekly total	<input type="checkbox"/> 1 C	<input type="checkbox"/> 1 C	<input type="checkbox"/> 1½ C
Grains* 1/2 of grains offered over the week must be whole grain rich	1 oz eq. per day <input type="checkbox"/> 8-9 oz eq. per week	1 oz eq. per day <input type="checkbox"/> 8-10 oz eq. per week	2 oz eq. per day <input type="checkbox"/> 10-12 oz eq. /week
Meats/Meat Alternatives*	1 oz eq. per day <input type="checkbox"/> 8-10 oz eq. per week	1 oz eq. per day <input type="checkbox"/> 9-10 oz eq. per week	2 oz eq. per day <input type="checkbox"/> 10-12 oz eq./week
Fluid Milk Allowable milk options include: fat free flavored or unflavored and 1% unflavored	1 cup per day <input type="checkbox"/> 5 cups per week	1 cup per day <input type="checkbox"/> 5 cups per week	1 cup per day <input type="checkbox"/> 5 week per week
<i>For schools with a four day school week – you must decrease your weekly meat and grain offerings by 20%.</i>			
* Note: Grain and Meat/Meat Alternate now have a weekly maximum serving amount			

A Week of Reimbursable Meals

Monday			
Menu	K-5	7-8	9-12
Chicken Tetrazzini	1/2 cup	1/2 cup	1/2 cup
Tossed Salad w/ Romaine	1 oz (1/2 cup)	1 oz (1/2 cup)	1 oz (1/2 cup)
Steamed Carrots	1/4 cup	1/4 cup	1/2 cup
*Whole Grain Breadstick	1 each (1 oz)	1 each (1 oz)	2 each (1oz)
Fresh Strawberries	1/2cup	1/2 cup	1/2 cup
Fruit Choice (Canned)	n/a	n/a	1/2 cup
Milk Choice	8 oz	8 oz	8 oz

Thursday			
Menu	K-5	7-8	9-12
Baked Chicken Drumstick	1 leg (= 1.5oz)	1 leg (=1.5oz)	2 legs (=3 oz)
Savory Rice	#16 scoop (.75 oz)	#16 scoop (.75 oz)	#8 scoop (1.5 oz)
Fresh Broccoli	1.2 oz (1/2 cup)	1.2 oz (1/2 cup)	1.2 oz (1/2 cup)
Corn	1/4 cup	1/4 cup	1/2 cup
Oatmeal Roll	1 each (1 oz)	1 each (1 oz)	1 each (1oz)
Sliced Peaches	1/2 cup	1/2 cup	1/2 cup
Fruit Choice (fresh)	n/a	n/a	1/2 cup
Milk Choice	8 oz	8 oz	8 oz

Tuesday			
Menu	K-5	7-8	9-12
Pork Rib on a Bun	1 each (2oz) 1 each(1.5 oz)	1 each (2oz) 1 each(1.5 oz)	1 each (2oz) 1 each(1.5 oz)
Romaine & Tomato	.5 oz (1/4 cup) 1/4"slice	.5 oz (1/4 cup) 1/4"slice	.5 oz (1/4 cup) 1/4"slice
Tri-Tater	1 each (2oz)	1 each (2oz)	1 each (2oz)
Green Beans	1/4 cup	1/4 cup	1/2 cup
Fresh Kiwi	3 halves (.5 oz)	3 halves (.5 oz)	3 halves (.5 oz)
Cherry Crisp*	n/a	5x8 cut	5x8 cut
Fruit Choice (Canned)	n/a	n/a	1/2 cup
Milk Choice	8 oz	8 oz	8 oz

Friday			
Menu	K-5	7-8	9-12
Sloppy Joe*** (meat &bean)	2 ounces	2 ounces	2 ounces
on a Bun	1 each (1.5oz)	1 each (1.5oz)	1 each (1.5oz)
*Whole Grain Chips	n/a	n/a	1oz
Sweet Potato Puffs	1/4 cup	1/4 cup	1/4 cup
Baked Beans	1/2 cup	1/2 cup	1/2 cup
Fresh Grapes	1/2 cup	1/2 cup	1/2 cup
Fruit Choice (canned)	n/a	n/a	1/2 cup
Milk Choice	8 oz	8 oz	8 oz

Wednesday			
Menu	K-5	7-8	9-12
Lasagna	1 piece (2 oz meat)	1 piece (2 oz meat)	1 piece (2 oz meat)
Garden Spinach Salad	1.2 oz (1/2 cup)	1.2 oz (1/2 cup)	1.8 oz (3/4 cup)
*Whole Grain French Garlic Bread	1/2 slice	1/2 slice	1/2 slice
Apple ** Wedges	1/2 apple 1/2 cup	1/2 apple 1/2 cup	1 apple 1 cup
Fruit Choice (canned)	n/a	n/a	1/2 cup
Milk Choice	8 oz	8 oz	8 oz

Menu Nutrient Analysis for the Week			
	K-5	6-8	9-12
Calories	591	625	807
Sodium	1096	1109	1265
% total calories from saturated fat	6.92%	6.88%	6.28%

The menu shown above is week 6 of the *Healthier Kansas Menus*. The Healthier Kansas Menu was created by the Kansas Department of Education in order to help schools meet the new meal pattern. The menus, recipes and even production records can be accessed: http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm

* .Cherry Crisp = 5 oz Grain & .3 oz Fruit; ** Apple—Sizes # 125-138; *** Sloppy Joe = 2.0 meat/meat alt + 1/4 cup dark orange vegetable

Milk Choice: low fat and fat free unflavored milk and fat-free flavored milks only . Veggie Subgroups: Red/Orange Dark Leafy Greens Starchy Other Vegetables Beans/Legumes *Whole Grain